

CORONAVIRUS (COVID-19)

SLOW THE SPREAD TO OUR COMMUNITIES

With active cases of CORONAVIRUS (COVID-19) in Minnesota, local healthcare facilities are asking that you call ahead before coming into a facility if you have respiratory illness symptoms of coronavirus or influenza. Protect yourself and your community from getting and spreading the illnesses!

WHAT TO DO IF YOU FEEL ILL:

- The majority of people with influenza or coronavirus can manage the illness at home with self care and rest. If your symptoms are very mild, you are encouraged to stay home.
- If you feel you need medical care, we ask that you call your healthcare facility first, and tell them your symptoms if they include cough, fever, shortness of breath. Your healthcare provider will prepare for your visit while protecting themselves and others, to ensure they can care for you.
- If you are unsure of what to do, please call your healthcare facility and consult with them before going in.

**As always: WASH YOUR HANDS, COVER YOUR COUGH,
AND STAY HOME WHEN YOU ARE SICK!**

Visit www.cdc.gov and
www.health.state.mn.us for the most
accurate and up-to-date information.
There is also an MDH Hotline available
Monday-Friday from 8:00am-4:30pm
at 1-651-201-3920



**COUNTRYSIDE
PUBLIC HEALTH**

**Countryside Public Health 1-800-657-3291
www.countrysidepublichealth.org**



Public Health
Prevent. Promote. Protect.